



**Capital Area Swim League Division 4-A  
2018 Championship Meet**

*Hosted by the Cumberland Valley Aquatic Club  
Saturday, July 21, 2018*

**Location:** Cumberland Valley High  
School 6746 Carlisle Pike  
Mechanicsburg, PA 17050

**Facility:** The Cumberland Valley High School Natatorium is an eight (8) lane 40-meter pool divided by a bulkhead at 25 meters, with a five (5) lane warm-up/warm-down area opposite the competition pool. A fully automatic Colorado 6 timing system with display board, touch pads at the finish for 9 & over swimmers and “2-button finish” for 8 & U swimmers will be used. We will be using Hy-Tek meet management software. Team areas and ready bull pen will be provided for swimmers. Spectator seating for 375 is available in the gallery area above the pool, and there is free parking next to the building.

**Special note regarding spectator seating:**

*The balcony seating is LIMITED to 375 and this is a “controlled seating.” environment. By order of the fire marshal and CV school district, we can NOT allow more than 375 spectators in the spectator gallery at any time. Thank you for your understanding. In order for all families to have a positive experience, we suggest that you bring chairs and blankets to set up in the hallway, lobby, or other available areas within the school, then walk up to the balcony to watch your swimmer.*

**Other CV school district spectator restrictions:**

- No food or drink (except water) in the seating area
- No reserving, marking, saving seats
- No blocking of designated walkways and stairs
- No large bags, backpacks, blankets, etc.
- No chairs or bleacher seats are allowed in the balcony area

**Meet Director:** Melinda Bialousz (CVAC)  
717-961-7644 (cell -- voice or text)  
[cvacmeetdirector@gmail.com](mailto:cvacmeetdirector@gmail.com)

**Eligibility:** This meet is open to all CASL swimmers that are on the roster submitted to the league and swam in a minimum of three league meets in the course of the season. Each swimmer may swim a maximum of three (3) individual or relay events. The swimmers age will be determined as of June 1, 2018.

**Volunteers:** Team Reps must register coaches, official, and timers on-line here no later than 3:00 pm on Monday, 16 July (this is in lieu of submitting a written form):

[Registration – CASL 2018 Divisionals - Coaches, Officials, Timers, Seeders](#)

Coaches – maximum of four per team

Stroke & Turn Officials - Two per team

Timers – Two per team (1 each half)

Meet Seeding – Up to a maximum of four per team (must have state-required clearances)

**Meet File Requirements:**

Meet files are due from each team to Rich Alderman at [rjajr57@gmail.com](mailto:rjajr57@gmail.com) no later than noon on Sunday, 7/15/18.

**Heat Sheets:** A very limited number of heat sheets will be available day of meet while supplies last. The meet will be available on Meet Mobile.

**Admissions:** Spectators will enter through the main lobby (directly under the large “CV” sign) and proceed past concessions where they will pay for admission and be admitted to the spectator gallery. Cost of admission is \$3.00. Children age 12 and under are admitted free.

**Volunteers, Officials, and Timers:**

Volunteers, officials and timers should enter through the main lobby, proceed past concessions, and look for a table on the left. They can check in and receive their volunteer wristband for free admission. You must wear this wristband in order to be admitted free, and in the case of timers and officials, to be allowed on deck.

**Coaches:**

Coaches should enter through the main lobby, proceed past concessions, and look for the table on the left. They may pick up their coach’s packet with credentials for deck entry. Due to limited deck space, no more than four (4) coaches per team will be allowed on deck. There will be one heat sheet and one wristband given to each coach who is registered. Coaches must wear their wristbands to be admitted on deck.

**Awards:** Awards will be given for all individual event participants (1<sup>st</sup> thru 8<sup>th</sup>) and all relay participants (1<sup>st</sup> thru 8<sup>th</sup>).

**Concessions:** Various food items will be available throughout the day in the lobby outside the Natatorium.

**Swim Shop:** Personal Best Swimwear will be on site the entire day for swimmers.

**T-Shirts:** T-shirts and other apparel will be available from JCAR. Orders will be placed by teams and/or individuals directly with the vendor on-line using the following link:

[http://store.jcarlogogear.com/aaaa\\_casl\\_divisional/shop/home](http://store.jcarlogogear.com/aaaa_casl_divisional/shop/home)

T-Shirts will be available to pick up at the meet; however, they will NOT be available for purchase the day of the meet.

**Hospitality:** The hospitality area for coaches and officials will be set up in the storage area, northeast corner of the pool deck, near the warm-up pool. Food and drink will be available throughout the day. Water will be available on deck for coaches, officials, and timers.

**Start Time:** Doors open at 7:00 am

**Swimmer seating:**

All swimmers will be seated directly outside of the pool doors. Please bring chairs and tents for your “team area”. We will have a staging area at the doors behind the blocks to organize swimmers for their heats. Each team is allowed up to four (4) parent volunteers tasked with getting swimmers to the staging area. It is a necessity that swimmers wear footwear when entering the school hallways. This is a safety measure that will be strictly enforced. Teams are responsible to ensure that all parents assigned on deck have the state-mandated clearances to work with children.

**Safety:**

There will be NO DIVING from the shallow end (non-block) at any time during warm-ups or during the meet. There will be NO DIVING from the starting blocks and no backstroke starts during warm-ups session, with this exception: Limited diving and backstroke starts from the starting blocks in sprint lanes will be permitted, BUT only when announced. These rules follow National YMCA Warm-up Safety Procedures.

**Meet Schedule:**

Scratch meeting: 7:45 AM – computer table  
Officials meeting: 8:00 AM – pool office  
Timers meeting: 8:15 AM – behind starting blocks  
Start of meet: 8:30 AM

**Warm up Schedule:**

Team will be assigned and notified of warm up schedule after entries have been received.

Boys #	Event Description	Girls #
1	8 & Under 100 Medley Relay	2
3	9-10 200 Medley Relay	4
5	11-12 200 Medley Relay	6
7	13-14 200 Medley Relay	8
9	15 & Over 200 Medley Relay	10
11	9-10 100 IM	12
13	11-12 100 IM	14
15	13-14 100 IM	16
17	15 & Over 100 IM	18
19	8 & Under 25 Freestyle	20
21	9-10 50 Freestyle	22
23	11-12 50 Freestyle	24
25	13-14 50 Freestyle	26
27	15 & Over 50 Freestyle	28
29	8 & Under 25 Backstroke	30
31	9-10 50 Backstroke	32
33	11-12 50 Backstroke	34
35	13-14 50 Backstroke	36
37	15 & Over 50 Backstroke	38
10 Minute Break		
39	9-10 100 Freestyle	40
41	11-12 100 Freestyle	42
43	13-14 100 Freestyle	44
45	15 & Over 100 Freestyle	46
47	8 & Under 25 Breaststroke	48
49	9-10 50 Breaststroke	50
51	11-12 50 Breaststroke	52
53	13-14 50 Breaststroke	54
55	15 & Over 50 Breaststroke	56
57	8 & Under 25 Butterfly	58
59	9-10 50 Butterfly	60
61	11-12 50 Butterfly	62
63	13-14 50 Butterfly	64
65	15 & Over 50 Butterfly	66
67	8 & Under 100 Freestyle Relay	68
69	9-10 200 Freestyle Relay	70
71	11-12 200 Freestyle Relay	72
73	13-14 200 Freestyle Relay	74
75	15 & Over 200 Freestyle Relay	76

## Cumberland Valley Natatorium Directions

**From North – Take I-81 South to the Route 114 exit and make a left at light - go to traffic light at Rt. 11 - (Giant Store/Sheetz's gas station on right, Silver Springs Commons on left) bear right at light (Rt. 11 south. Proceed approximately 2 miles to the CV Education Park on the right. To get to pool pass the main entrance and stadium and make right onto Dapp Road. Make right onto access road past Stadium and go straight ahead to pool parking. Enter pool at the large “CV” Entrance.**

**From South – Take I-81 North to the New Kingstown exit onto Rt. 11 North. Go approximately 3 miles to school on left - school is located along Rt. 11.**

**From the South and PA Turnpike – Take Route 83 North to Route 581 West to Route 81 South. Proceed to Route 114 (exit 57) Turn left at the end of the ramp onto Route 114 to Route 11 (Carlisle Pike). Turn right onto Carlisle Pike (at the Sheetz) and proceed approximately 2 miles to the CV Educational Park on the right.**